

Dress Right, Dress

(Spangdahlem Supplement to AFI 36-2903, added to Table 2.5, item 19)

To present the proper military image, summer and winter weight battle dress uniforms and accessories will not be mixed and matched (Courtesy of the Spangdahlem AB First Sergeants Council).

News Briefs

Wing earns goal day

Col. Stephen P. Mueller, 52nd Fighter Wing commander, has declared June 28 a down day. Team Eifel successfully met the metrics in which goals are contingent. Wing agencies will be closed.

Inaugural committee volunteers

The Air Force seeks 32 individuals to support the 55th Presidential Inauguration period Jan. 15-24. Those selected will perform temporary duty in Washington, D.C. for the Armed Forces Inaugural Committee. This is a unit funded temporary-duty assignment. For application package details, e-mail afpc.dpapp@randolph.af.mil. Packages must be received no later than July 12.

Briefing dates added

The Life Skills Support Clinic holds Suicide Prevention and Violence Awareness mandatory training briefings Tuesday, Wednesday and June 29 at 8 a.m., 1 p.m. and 4 p.m. in the Spangdahlem AB theater.

No trespassing

Trespassing in and around the Combat Arms Firing Range is not only illegal, but hazardous due to gunfire. The Combat Arms ranges, building 604 and 605, are located on perimeter road by the Hazmat Pharmacy. Call Tech. Sgt. John Badey at 452-6287 for more information.

Goodbye heat

The 52nd Civil Engineer Squadron began the shutdown of building heating systems for the summer June 7. The shutdown includes main base and geographically separated units' work centers and shops, dormitories and lastly base housing areas and government leased housing. For details, call Master Sgt. David Arnel at 452-6438.

Combat Proud competition

The U.S. Air Forces in Europe Combat Proud competition takes place July 9. All areas, including housing and GLHs, are open to inspection. Cleanup should begin now. Eifel Pride Day is July 7. Call Master Sgt. Malik Sultan at 452-6325 for more information.

Sandy Klaus!

Team Eifel steps up down range to help out needy children.

Read "Team Eifel members donate toys, supplies for school children in town near Kirkuk AB," on Page 4

Eifel Times

Vol. 38, Issue 21

Spangdahlem Air Base, Germany

June 18, 2004

(Left) Airman 1st Class Adam Cavalet, 52nd Civil Engineer Squadron, a recent returnee from southwest Asia, totes his bag out to a car in front of building 217 Saturday. He was one of 26 troops to return from a forward deployed location in support of Operation Iraqi Freedom. (Above) A colleague assists returning airmen in collecting their things. More than 100 Spangdahlem Air Base troops are expected to return from various areas of responsibility before the end of June.

Team Eifel warriors return home

Dozens more Spangdahlem AB airmen back from AEF 7/8 in June

Story and photos by
Senior Airman Amaani Lyle
52nd Fighter Wing Public Affairs Office

Spangdahlem Air Base Airmen met a warm reception from friends, family and colleagues upon their return from a forward deployed location Saturday and Sunday.

Summer rain in the Eifel region did not seem to put a damper on the auspicious occasion. Twenty-six members of the 52nd Civil Engineer Squadron and 52nd Logistics Readiness Squadron arrived on base Saturday, followed by an additional 19 troops Sunday.

The deployment, which supported Operations Enduring and Iraqi Freedom, lasted just more than 90 days as part of the Aerospace Expeditionary Force 7/8 rotation between March and June.

"[The deployment] was quite an experience," said Senior Airman Noe Navarro-Gonzalez, 52nd LRS. "We worked 12-hour shifts, but didn't really have to set up too much in the way of tents."

Airman Navarro-Gonzalez described the downrange base facilities as a "well-oiled machine" that allowed Airmen to perform their jobs efficiently, often in sweltering heat.

Some airmen indicated the grass is greener here in the most literal sense.

"It's just so nice to see colors again," said Tech. Sgt. Jonathan Brown, 52nd CES. "I've been looking at tan for three months."

Spectators await their redeployed loved ones and greet them with a welcome home banner. For more information about deployments, unit deployment managers are the member's first line of contact.

More than 100 Team Eifel members from the 52nd CES, LRS, Communications Squadron and Operations Support Squadron are scheduled to return from various areas of responsibility during the remainder of the month.

Ann Lucas brought her two children to help welcome back their father, Capt. Randall Lucas, 52nd CES, who returned Saturday.

"Today is Catherine's eighth birthday," Ms. Lucas said in reference to her smiling daughter. "I can't think of a better birthday present for her than to have her father back."

CSAF: Airmen should expect longer deployments, more forces

By Gen. John P. Jumper
Air Force Chief of Staff

When major air and space operations diminished last year, the process of re-establishing the aerospace expeditionary force battle rhythm began. The reconstitution target was March of this year, but the continued demands of global operations, additional contingencies in other theaters, and a tasking to support Army operations with 2,000 expeditionary combat support forces required a re-assessment of planning assumptions, and to adjust AEFs to a new mission set.

Simply put, the demands on the Air Force's deployable forces have not diminished and are not expected to decline for some time. There is a new rotational requirement for nearly 20,000 Airmen -- about three times the demand prior to Sept. 11, 2001.

Further, the Air Force Component Commander in the Central Command area of operations has asked for longer tour lengths to allow greater continuity for expeditionary commanders in the field. To adapt to this new set of circumstances, a change to the AEF rotational cycle has been made, and major commands have been asked to expand the pool of deployable Airmen in each AEF.

Beginning with AEF Cycle 5 in September, the baseline deployment will be 120 days from 90, and the AEF cycle will change from a 15-month rotational cycle to a 20-month cycle. Airmen can still expect to deploy only once during each cycle, although some stressed specialties will deploy longer and in greater frequency, until manpower levels are adjusted or the theater requirements diminish. For those already deployed in AEFs 7/8 (March - May) and those deploying in AEF 9/10 (June - Aug.), it is intended to adhere to the 90-day deployment cycle.

See **DEPLOYMENTS**, Page 2

Stamp out seasonal allergies this summer

By Maj. Ray Plumley
Immunizations and Allergy Clinic chief

Germany is lovely in the spring and summer. Beautiful trees and flowers are absolutely everywhere. Unfortunately these wonderful sights and smells are often accompanied by aggravating symptoms known as seasonal allergies.

They affect greater than 39 million Americans, resulting in symptoms ranging from a mild runny nose to severe asthma attacks with possible fatal consequences. Many individuals will try multiple over-the counter medications to battle their symptoms.

In America alone, more than 1.8 billion dollars will be spent this year in an attempt to alleviate the suffering of those afflicted with seasonal allergies. However, there is a hidden danger in that the cure may be more harmful than the disease.

The class of medications known as antihistamines is the most common form of treatment for allergies. Antihistamines work by blocking the chemical histamine which is released by cells in the immune system in response to an allergen such as pollen.

Histamines are the primary trigger for the runny nose, sneezing and overall agony of allergies. While effective, older antihistamines may also have significant effects on the central nervous system, causing side effects such as sedation and blurry vision.

Almost all of the over-the-counter allergy medications contain these older antihistamines such as diphenhydramine (Benadryl) and chlorpheniramine.

As members of the military family, we have been inundated with information detailing the risks involved while driving under the influence of alcohol.

Unfortunately, those same risks are realized when indiscriminately taking over-the-counter allergy medications. Additionally, the impact on work and academic performance could be significant. To minimize these risks, it is best to take over-the-counter allergy medications at night ... or at times when driving or the need for significant concentration is not anticipated.

The best solution is to see the Primary Care Manager. They can provide people with more insight into the condition and treatment.

Also, if indicated, they can prescribe a trial of newer antihistamines which will provide the same relief without the potentially harmful side effects. They also have numerous other medications and interventions that may provide relief.

Tips to control allergies

- ♦ After spending time outdoors, change clothes and wash hair before bed.
- ♦ While bathing or showering, leave a window open or run a fan so moisture can escape.
- ♦ Enclose mattress, box spring and pillows in allergy-proof casings.
- ♦ Remove stuffed animals and things that collect dust such as wall hangings, knickknacks and books -- especially in the bedroom.

Deployments

Continued from Page 1

For those identified to deploy in AEF 1/2 (Sept. - Nov), prepare to be gone a minimum of four months. This evolution of the AEF is not a temporary adjustment.

The 20-month cycle will continue to provide commanders and Airmen the ability to plan ahead, allowing a sense of predictability while providing greater continuity to the in-theater commander. Still, longer deployments will present challenges to our Reserve Component, possibly affecting the number of ARC volunteers, and requiring selected use of presidential mobilization authority. The matters will be managed very carefully, ensuring equity and fairness across the Total Force.

In the Air Force, every Airman is expeditionary, every Airman will know his or her place in the AEF system, and every Airman will be prepared to support the combatant commander, whether deployed, in CONUS via reach-back, or employed at home station.

Staff Sgt. Eric Rozet, Mission Support Squadron personnel readiness function, said the new policy may not impact the 52nd Fighter Wing as much as other installations.

"As a wing that is used to stepping up and going above and beyond, the impact of a 120-day deployment on Spangdahlem Airmen will be minimal," Sergeant Rozet said. "The 30-day extension allows more continuity down range and provides the ability to master tasks before returning home. This lends to process improvement and makes for a stronger turn-over."

For a complete review of the new policy, visit http://www.af.mil/media/viewpoints/adapting_aef.html to read the CSAF's site picture (Senior Airman Amaani Lyle contributed to the localization of this story).



USAF Airman Information File

June 2004

RISK MANAGEMENT: INTEGRATING A RESPONSIBLE WAY OF THINKING

Four of our USAF team members will never see their loved ones again -- their promising lives were cut short in vehicle accidents last year. One of the hardest things we do as leaders is tell loved ones a team member is injured or killed. It is not something we like to do, but it is even more frustrating if the situation was preventable.

Everything we do involves risk, whether it's traveling to and from work, going through a pre-flight checklist, or having a barbecue with friends. We need to stop throwing risk management into a box to be pulled out only when we need to consider "critical" tasks in the workplace.

Some tasks are simple, like taking the time to buckle your seatbelt or knowing if you've been drinking, then you need to let somebody else drive. Others are more complex and may require a more methodical approach to risk management.

Operational Risk Management (ORM) is a tool to do just that -- it merely puts logical steps to common sense. ACT SMART is a simple framework to help remember the six steps of ORM:

- | | | |
|--|--|-----------------------------------|
| <i>1. Assess environment for risks</i> | <i>3. Consider options to limit risk</i> | <i>5. Take appropriate action</i> |
| 1. Identify the Hazards | 3. Analyze Control Measures | 5. Implement Risk Controls |
| 2. Assess the Risk | 4. Make Control Decisions | 6. Supervise and Review |

General Doc Foglesong

CMSgt Gary Coleman

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Team Eifel's vehicle collisions involve drunk driving, pig collision, radio play

By Iain Lotan
52nd Security Forces Squadron

Team Eifel members were involved in 27 car crashes over the last two weeks -- 12 were classified as major accidents. There was a DUI last week, which also involved fleeing the scene of a major accident.

Riding a bicycle, inattentive driving, playing with the radio, speeding and more caused other accidents.

The first major crash occurred on A-48, toward Koblenz. A senior airman lost control of her vehicle and slammed into a guardrail. Her vehicle received disabling damage, and there were no injuries. Speeding caused this accident.

The second major car crash occurred on B-51 at the off ramp near K-42. A staff sergeant lost control of her vehicle while trying to exit B-51, which resulted in the car slamming into an embankment. The vehicle then became airborne and smashed into a ditch. The passenger was rushed to the Bitburg Annex emergency room for medical treatment. The car was totaled.

The third major collision occurred on A-48 near Ochtendurch. Due to foggy conditions and limited visibility, a technical sergeant slammed into a wild boar. The car received front-end damage from the impact of the pig.

The fourth major accident occurred on K-91 in Pickliessem. An airman first class lost control of her vehicle when she applied her brakes and smacked into the side of a building. An accident investigation showed the driver was traveling too fast for road conditions.

In the fifth accident, Polizei arrested a staff sergeant for DUI and for fleeing the scene of an accident. A local national called Polizei about a hit and run accident, where a silver sport utility vehicle hit a parked vehicle and fled the scene. The plates came back to a staff sergeant stationed at Spangdahlem Air Base. Polizei conducted a sweep of the immediate area, located the sergeant's car at his residence, and took

him into custody. There were no injuries or fatalities. The sergeant's alcohol level read as high as 0.242, three times the legal limit in the United States.

The sixth major crash occurred in Bitburg Annex housing. The son of a military member was riding his bicycle when he pulled out in front of a car and was struck by the vehicle. The boy suffered a broken leg.

The seventh major crash occurred on L-46. A senior airman lost control of his vehicle and slammed into a guardrail while adjusting his stereo.

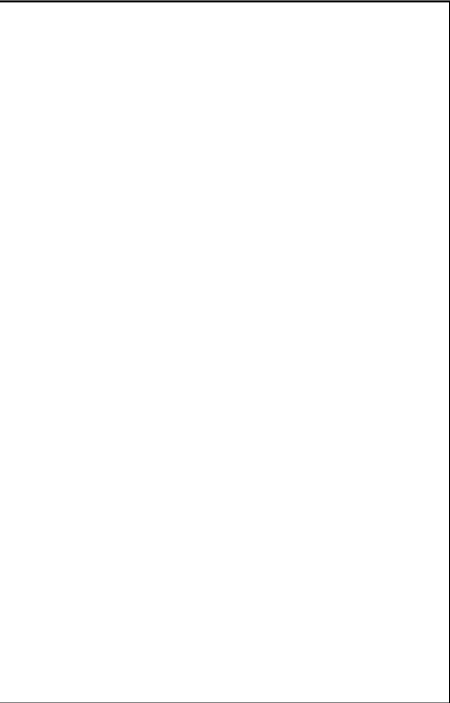
Another collision occurred on L-46. Due to fog and the driver traveling too fast for the weather conditions, the airman 1st class slammed into the traffic circle.

The ninth car crash occurred on L-39, near the Speicher train station. A staff sergeant was traveling through a curve when a local national crossed into her lane and slammed into her vehicle. The sergeant was transported to the Bitburg Annex emergency room for medical treatment.

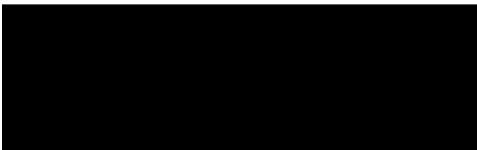
The 10th crash occurred on L-5 near Bickendorf. An airman 1st class and a senior airman entered the Bitburg Annex emergency room seeking medical treatment for injuries they received from a car crash. The airman first class had lost control of his vehicle and began to hydroplane, which caused the vehicle to leave the road and slam into a fence bordering a local field. The vehicle was totaled because of speeding.

The 11th major collision occurred on B-50, near the Wittlich turn-off. A major and a senior master sergeant lost control of their motorcycles and rolled off the road. There were no injuries.

The last major crash occurred in Speicher. A senior airman reported that his vehicle was struck while parked in front of his residence. Polizei were notified and assumed the investigation. The car was totaled.



Courtesy photo



Name: Tech. Sgt. Guadalupe Vasquez Jr.
Unit: 23rd Fighter Squadron
Duty title: Operations NCOIC
Hometown: Eagle Pass, Texas
Years in Service: 20
Nominee's contributions to 52nd Fighter Wing mission success: Whether deployed or at home station, Sergeant Vasquez is a top-notch resource manager. While deployed in support of Operation Iraqi Freedom, he ensured each OIF mission was successful and his fluency in Spanish led to the rapid set-up of the operations center in Zaragosa, Spain. At home, he garnered praise from the wing commander, his squadron commander and the U.S. Air Forces in Europe Inspector

General team for his work in the successful close out of the \$120 million flying hour program, his tracking of the 23rd FS's sorties and flying hours and the flawless status reports to USAFE.
Off-duty volunteerism and professional development pursuits: I read to a first grade class on a weekly basis and am working toward a bachelor of arts degree in airfield management.
What do you do for fun? Or, What's a fun thing you've done lately? I've traveled some and played a lot of golf.
What do you like most about being stationed here? The travel opportunities
What's one thing you'd like to see changed or improved at Spangdahlem Air Base? Parking and waiting time people spend at certain base agencies.

Scholarship program makes “money grow on trees” for military family students

(Staff reports) **FORT LEE, Va.** -- Mom and Dad were right when they said, “Money doesn’t grow on trees,” but thanks to the Scholarships for Military Children program, money is available for two Spangdahlem Air Base family members.
The local winners announced by Alfredo Alferez, Eifel Community Commissary Store Director, and Kevin Kegler, Spangdahlem Store Director, are Amy Hughen and Michelle Reeves.
Worldwide, 500 diligent students will receive \$1,500 scholarships to apply toward college tuition this fall. “We’re thrilled to report that the scholarship program is an enormous success in helping military families defray the costs of education,” said Defense Commissary Agency Director Maj. Gen. Michael P. Wiedemer. “We’re proud to be associated with a program that has awarded more than \$3 million to nearly 2,000 students since its inception in 2001.”
Scholarship Managers, a professional scholarship firm, selects the winners based on academic merit, participation in extracurricular and volunteer activities, and the quality of their essays. Recipients

are notified by letter. The full list of scholarship recipients and sponsoring business partners is available online at <http://www.militaryscholar.org>.
A record-breaking 7,000 students applied to the program for 2004. Only the winners are officially notified of their status, by letter, to ensure all possible funds go toward scholarships.
According to Edna Hoogewind, DeCA’s program liaison, the grade point average of the scholarship recipients is 3.8 – 3.9, and nearly all are members of the National Honor Society, an organization that recognizes students who demonstrate academic excellence, leadership, character and a willingness to serve others.
The Scholarships for Military Children program is funded by the manufacturers and suppliers who support commissaries worldwide and is administered by the Fisher House Foundation, a nonprofit organization responsible for building comfort homes near military medical centers. The foundation bears all costs of the program so that every dollar donated goes for scholarships. The general public can also donate to the program through the military scholar Web site

Interested in a degree?
We can help you!

**Contact Spangdahlem Air Base’s
Combat Education Center at 452-6063.**

Eifel Salutes

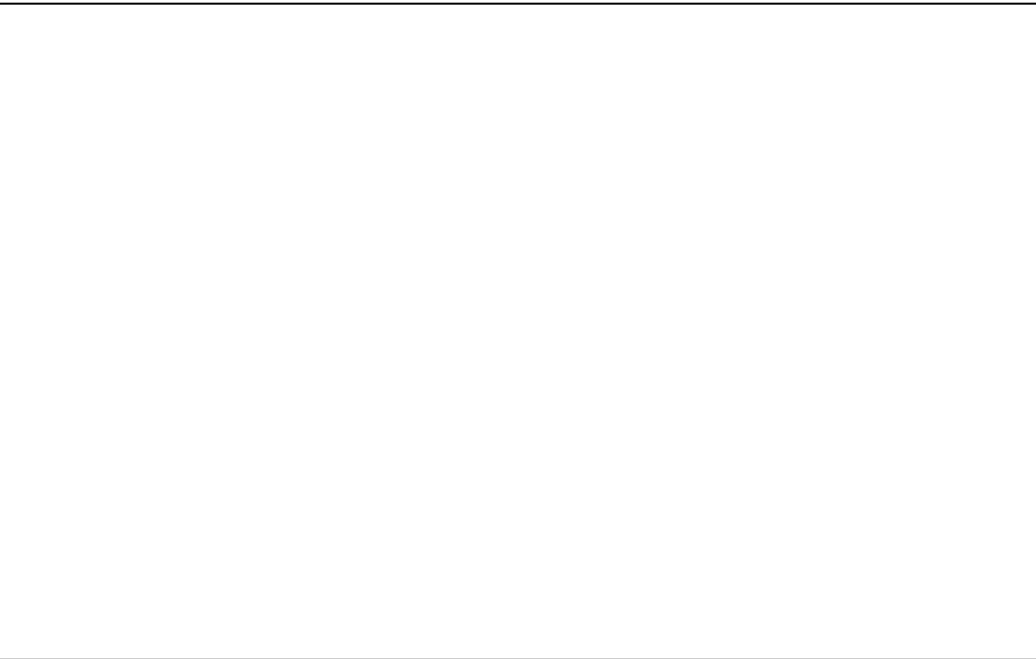
52nd Mission Support Group

We reserve the right to salute **Master Sgt. Robin Smith**, a Whiteman Air Force Base, Mo., Reservist who’s filled in at the Spangdahlem Air Base post office and already made great strides -- he’s streamlined the automated parcel delivery system and studies transit time survey data to discover bottle-necks in the postal transportation system. The folks here wish they could keep him! A tip of the hat to **Master Sgt. Kyle Ryder** and **Staff Sgt. Brian Follmar**, who led a team of Spangdahlem AB and U.S. Air Forces in Europe headquarters technicians in support of the USAFE help desk consolidation testing. He’s been a very good boy ... **1st Lt. Robert Reynado** superbly executed the annual youth multi-disciplinary inspection and achieved certification of 52nd Services Squadron “wall-to-wall” inventory with assets totaling more than \$7.5 million. **Senior Master Sgt. James Route** was a bright bulb who took charge as on-scene commander and flawlessly executed the back-up power plan during a recent Bitburg Annex power outage.

52nd Medical Group

Lt. Col. (Dr.) Julie Collins makes quite a dent in paperwork and exams in the dental clinic. She’s a true example of excellence. Clearly **Airman 1st Class Ontario Rogers** deserves a salute – he went above and beyond over the weekend to assist public health in locating medical records to clear for the wing exercise. **Maj. Bryan Vyverberg** used superb effort in getting an ill patient successfully air evacuated back to the states in spite of numerous roadblocks. How sweet it is for **Staff Sgts. Timothy Taylor** and **Melissa Dusek**, who

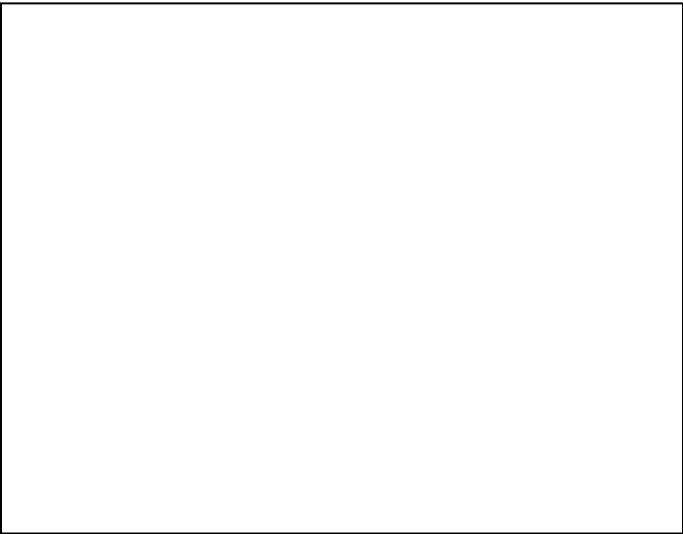
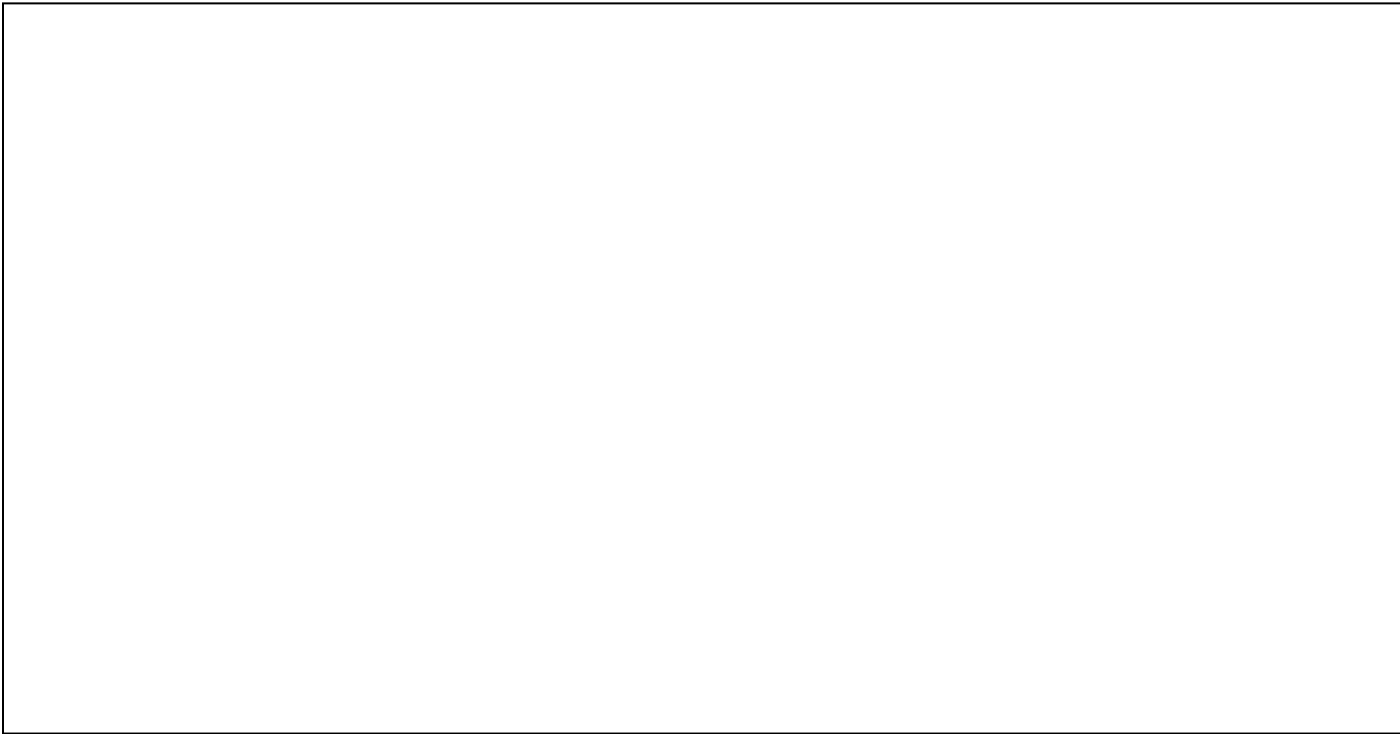
insured the Inspector General team had plenty of goodies to keep them happy. Watch out for **Karen Knowles**, who strutted her stuff as an awesome credentials monitor.
Eifel community
Rachel Brown was named a commended student in the 2004 National Merit Scholarship Program. Commended students placed among the top five percent of more than one million students who entered the year’s competition by taking the 2002 preliminary and Scholastic Aptitude National Merit Scholarship Qualifying Test. Rachel, a senior at Bitburg High School, is the daughter of Lt. Col. and Mrs. Markum Brown, and has earned a full-tuition scholarship to attend Brigham Young University, Provo, Utah, in the fall of 2004.
Kudos to all; Team Eifel salutes you!
(Compiled by Senior Airman Amaani Lyle, 52nd Fighter Wing Public Affairs Office)



Courtesy photo



Unit name: 23rd Fighter Squadron Aviation Resource Management
A brief description of unit responsibilities: The team performs aviation resource management functions, to include monitoring flight physicals, physiological training, aircrew qualifications and other aircrew-related programs. They also schedule aircrew training and aircraft sorties and maintain mission information. The team monitors individual flight requirements, unit flying hours and aviation requirement changes.
Number of members: Five: Tech. Sgts. Guadalupe Vasquez, Kenneth Plott, Staff Sgt. Michael Hubert, Airman 1st Class Shawntobia Morgan and Senior Airman Kimberly Mackey (not shown).
How does the team fit into the 52nd Fighter Wing’s mission? The team ensures 100-percent accuracy of all aircrew flying and ground training requirements for all of the 23rd FS pilots in accordance with Air Force and major command directives. Direct results of the team’s actions ensure that at least 90 percent of the F-16CJ pilots at Spangdahlem Air Base are trained and ready to fight at a moment’s notice when called upon, increasing the wartime capability of the 52nd FW.
Team’s other contributions through the year? The members deployed in January to Zaragosa, Spain, in support of the Weapons Training Deployment and Dissimilar Air Combat Tactics missions with the Spaniards. The section also actively participates in the the “Read to Kids Across America” program, in which they read twice a week to a selected first grade class at Spangdahlem Elementary School.



Staff Sgt. Jennifer Lindsey

Airman Monique Harris, Airman Basic Christian Vega, Master Sgt. Timothy Schneck and Senior Master Sgt. Rick Shaner, 52nd Logistics Readiness Squadron, pack up the last of the more than 850 packs of school supplies, toys and snacks donated for the Children of Kirkuk program. The items were shipped by military postal service to Kirkuk Air Base, Iraq, for distribution to local village children through Operation Crayon.

Courtesy photo

Boys fill their shirts with goodies from a U.S. Army Soldier and a 52nd Fighter Wing Airman. The troops distributed toys, school supplies and other goodies to villagers living near Kirkuk Air Base, Iraq. Items distributed included those donated in May by Team Eifel and their friends and family members to the Children of Kirkuk school supplies drive.

Team Eifel members donate toys, supplies for school children in town near Kirkuk AB

By Staff Sgt. Jennifer Lindsey
52nd Fighter Wing Public Affairs Office

An article and inspiration is all that it took to get the ball rolling, actually 106 soccer balls, to equip Iraqi children with grade-school memories.

In a three-week long donation drive, the Team Eifel community donated more than 645 school supplies, toys and other goodies for the children of Kirkuk. Members of the 52nd Logistics Readiness Squadron teamed together with deployed co-workers and put out the donation call at Spangdahlem Air Base from mid-April to early May to help keep grade-school students equipped for learning.

“The program worked great; we collected everything we wanted. We have all the crayons, scissors, paper and other school supplies we asked for, and although we didn’t request toys, we’re sure the children will enjoy those as well,” said Senior Master Sgt. Rick Shaner, 52nd LRS vehicle operations superintendent.

When all the packing was done, the 52nd LRS shipped 23

boxes of goodies, including assorted packages of snacks donated by the Spangdahlem AB and Bitburg Annex commissaries.

The most surprising of the donations were extra-large trash bags full of soccer balls donated by Hans-Josef Krischel, 52nd LRS vehicle operator, and about 100 other 52nd Fighter Wing German national employees.

“I remember very well when I was a little boy what it meant to have a soccer ball,” said Mr. Krischel. “If you had one, you were somebody, so I think these children in Iraq not only will play with the balls, but will also remember who sent them. And, it’s a lot better for children to play with balls rather than guns.”

An article in the deployed newsletter, “KRAB Kronicle,” about the ongoing school supply drives inspired Tech. Sgt. Michael Nurse, deployed 52nd LRS member serving at Kirkuk Air Base, Iraq, to put out the call back home.

Donation distribution takes place continually at Kirkuk AB through “Operation Crayon,” an ongoing charitable distribution program operated by U.S. Army patrols, the civilian affairs office and the U.S. Army Corps of Engineers task force Restore

Iraqi Oil. The program reaches out to more than 2,000 students of seven Northern Iraqi schools.

To ensure the Children of Kirkuk program’s success at Spangdahlem AB, Sergeant Shaner, the home-base program coordinator, had to do a bit of homework himself.

“The whole process took me about two days to complete and was fairly easy,” Sergeant Shaner said.

The first step for the senior NCO was to clear the program through the base legal office. From there, he visited George Price, the 52nd Services Squadron special programs coordinator, for guidance and advice.

“I found out that we had to be careful not to compete with the Air Force Assistance Fund for monetary donations, so we kept the request limited to actual school supplies,” said Sergeant Shaner. “Mr. Price also had some excellent ideas and recommendations I used to get the word out.”

“Thanks to everyone that helped out and especially to those who contributed to this very worthy cause,” said Sergeant Shaner.



Col. Stephen Mueller.....Commander
Capt. Thomas Crosson.....Public affairs chief
1st Lt. Gerardo Gonzalez.....PA deputy
Master Sgt. Sean E. Cobb.....PA superintendent
2nd Lt. Shannon Collins.....Internal chief
Senior Airman Amaani Lyle.....Editor
Airman 1st Class Eydie Sakura.....Staff writer
Iris Reiff.....Leisure writer

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Col. Stephen Mueller

Accessing Direct Line

The Direct Line program is a
way to get answers to questions
you still have after using your
chain of command.

Direct Lines of general
interest will be published in the
Eifel Times and may be edited or
paraphrased for brevity or clarity.
Submit your Direct Line via:

■DirectLine@spangdahlem.
af.mil

■Mailed to 52nd FW/PA,
Unit 3680 Box 220, APO AE
09126

■To PA in building 23.

■Concerns may also be sent
via fax to 452-5254.

Anonymous inputs are
accepted. To receive a personal
response you must include your
name and phone number. Call the
Eifel Times at 452-5244 for more
information.

June
Sortie
Scoreboard

Aircraft	Goal	Flown	Delta
F-16	776	330	+11
A-10	386	129	+15

*Delta is contract vs. sorties flown to date.

Through June 13

Courtesy of the
52nd Operations Support Squadron
Plans and Scheduling Section

Viewpoint

June 18, 2004

Page 5

Sorties

Colonel explains flying goals, commends maintenance, operations team members

Col. Chris Chambliss

52nd Operations Group commander

I recently attended a NCO Academy graduation at Ramstein Air Base (congratulations to Tech. Sgt. Anthony Erskine, 52nd Security Forces Squadron, Class 2004-5 Distinguished Graduate!). Since I was there, I picked up a base paper to see what was going on at our nearest sister U.S. Air Forces in Europe base.

On page 3, I found an article explaining various statistics they display on their new Sortie Board, which they call their "Combat Flightline" board, located just as you come in the west gate.

Since our sortie board just became operational less than a month ago, I thought perhaps an explanation about our board, and what we display on it, was in order.

When Gen. Robert H. "Doc" Fogelsong took over as USAFE commander, he realized most USAFE bases did not have a traditional sortie board, such as most bases in the states have.

He thought it was important to show those on bases executing and supporting the flying mission, just how that mission was going.

Every base in USAFE with a flying mission received one of these boards, with instructions to display it in a prominent place so the main base populace could see just how the wing was doing.

Reason for sorties

The reason flying sorties are so important is that each sortie and hour flown directly equates to pilot training accomplished.

Months before the beginning of the fiscal year, wings submit a flying hour request, which is ultimately filled by congress, with each wing apportioned the required number of hours for them to adequately train pilots, maintainers and account for spare parts, fuel, etc.

These hours are a precious commodity, as they cost us, the taxpayer, thousands of dollars each, once you factor in all their associate costs. At the beginning of the fiscal year, these flying hours are "given" to the wing to produce and execute.

With all the work that goes into wing flying

“ *What all this boils down to is that the wing is training its pilots, maintainers and controllers within the constraints given us by higher headquarters, within very precise tolerances.* ”

hour calculation, you can imagine that each hour must be accounted for and that it is in everyone's best interest that the wing fly exactly its allotment.

There are only so many hours paid for across the Air Force, so if a wing flies too many, some other wing must give up some. If a wing flies too few, its pilots suffer, having received too little training in that year. In the fighter business, these hours are broken down into sortie requirements, with specific sortie objectives and durations.

For instance, the 52nd Fighter Wing F-16s fly an average sortie duration of 1.35 hours and the A-10s fly 1.65 hour average sorties. It is very important we fly our annual program.

That is the reason General Fogelsong decided it was important for the entire wing to see how it was producing and executing its flying sorties.

Location

So, where is our sortie board located and why did "we" put it there? The board is on the roundabout located between the bowling center and Spangdahlem Middle School. If you live in base housing or drive past the dorms from the current main gate and turn right back to the bowling center, you may have seen it.

It just became operational in early May. Although this location may seem out of the way for now, when we open the new main gate, this spot will be right at the main entrance to the base, ready for all those coming on base to see the information it displays.

We did not want to build a temporary structure to house it for just a few months; we wanted to give the board a permanent home from the start,

so your wing leadership decided to put it right on what will become, "Main Street, Spangdahlem."

Nine goals

The 52nd FW has nine "goals" which must be met over two months in order for the wing to earn a "goal day."

Among these are specific rates for on-time OPRs and EPRs, reductions in DUIs and high rates of personal medical readiness.

One of the goals deals with aircraft sortie production and execution. While some might immediately assume the Maintenance Group and OG are responsible for the sortie goal, the entire 52nd FW has a hand in ensuring our sortie goal is met, hence the placement of the sortie board where all, not just operators and maintainers, can see it.

What you will see is how each aircraft flying hour sortie program, A-10 and F-16, is in progress -- first the monthly progress; as of May 23, A-10s had flown 248 sorties out of a required 242.

This equates to +2.48 percent. The F-16s had flown 474 out of 479 required, or -1.04 percent for the month of May. Since the beginning of the fiscal year in October 2003, A-10s have flown 2,590 out of 2,575 required, F-16s 3,866 out of a required 3,881.

This means that the A-10s have flown 100.58 percent of their requirement so far for the fiscal year, and the F-16s have flown 99.61 percent of theirs. Because both programs are lumped together for our wing, as of May 23, the combined flying sortie program for the 52nd FW is being executed at exactly 100 percent of the requirement.

Total team effort

That is quite an accomplishment with almost seven months of the fiscal year over. It also means that everyone on this base, maintainers, pilots and supporters, are doing a great job keeping the wing's aircraft and pilots ready for any wartime tasking we may be asked to do. The 52nd FW is by far the closest to our flying hour timeline of the three fighter bases in USAFE.

That is a tribute to you all, operators, maintainers and supporters, all members of the 52nd FW combat team.

DUI -- A transportation problem or your problem?

By Airman 1st Class

Michael Hawkins

52nd Component Maintenance
Squadron

Despite the detrimental personal, financial and career consequences an individual faces when apprehended for drinking and driving, Spangdahlem Air Base has one of the worst DUI records in U.S. Air Forces in Europe, and the statistics are not improving.

Some people believe the reason the DUI rate is so high is due to

inadequate availability of transportation. Well my friend, another way for military people and family members to get from point A to point B, without picking up their keys, is called "The Alternate Drive."

It is cheaper than a taxi, and on Friday nights from 11 p.m. to 5 a.m., transportation is provided beginning at Popeye's on the top of the hour, the Irish Pub

in Speicher 20 minutes after the hour, Cauties forty minutes after the hour and back to Spangdahlem AB at the top of the hour.

The cost is a mere five euro one way. Of course, if people are not interested in using this new and affordable means of transportation, they can always use other existing programs: such as Airmen Against Drunk Driving,

or AADD, a program where you and your vehicle will be transported home safely; and the "Ride For Life" card, a program where if people "miscount" their money at the bar, they can use their ride for life card like cash and pay later.

The fact is, there are many different ways to get home after a long night of drinking without jeopardizing a career, driving privileges or hard-earned cash.

If we all work together, we can make our time in Germany the best tour of our military careers.

Community Mailbox

Submit "Community Mailbox" advertisements 10 days before the desired publication date to publicity@spangdahlem.af.mil.

Free hot dogs

The Spangdahlem AB commissary offers free hot dogs and drinks Saturday from 2-5 p.m. to celebrate commissary awareness month. JAM is passing out free t-shirts and hats. Call Naomi Lunsford at 452-7381 for details.

Thrift shop

The Spangdahlem Spouses and Enlisted Members Club thrift shop is still open. Hours of operation are 9 a.m. to 5 p.m., each Tuesday and Thursday. Although the building looks abandoned, it is still located in the old barber shop building. For more information, call Susan Sweeney or Diana Frisch at 06565-4514.

Hidden Heroes

Nominate outstanding Hidden Heroes for Volunteer of the Quarter. Packages are due noon June 30 to the Family Support Center. Nominees must be registered volunteers. Call Lynn Luria at 452-6422 for more information.

Golf tournament

The American-German Business Club Frankfurt holds its Trans-Atlantic Boy Scout charity golf tournament June 25 at the Heidelberg Golf Course in Oftersheim. Participation is a \$25 donation to the Boy Scouts, on top of the greens fee. Breakfast is served at 7 a.m. with a shotgun start at 9 a.m. The tournament provides lunch for six euro. RSVP no later than June 21. E-mail Susi James at s.james@mainoffice.de to register or for more information.

Parade

A patriotic parade takes place July 4 at 2 p.m. at the Bitburg Annex. The parade theme is "Future Leaders of Tomorrow," and children are encouraged to create floats, decorate bikes and play instruments. Participants will receive prizes for being a part of the parade. The parade entry form deadline is June 25. There is no cost to participate. Call Naomi Lunsford at 452-7381 for details.

Balloting material

Team Eifel members must request a voting ballot from election officials stateside by Aug. 15. The deadline for ballots to arrive back to the U.S. is Oct. 15. For more information, call Senior Master Sgt. Mike Ruzza at 452-6038.

Family support news

All classes meet at Spangdahlem AB, building 307, unless otherwise noted. Call 452-6422 for details.

- ♦ Monday, 8-9:30 a.m., Pre-separation Briefing, Bitburg Annex, building 2001
- ♦ Tuesday, 1-3 p.m., Career Profiling, Bitburg Annex, building 2001
- ♦ Wednesday, 8 a.m. - 5 p.m., Pre-deployment Briefings; 10-11 a.m., Sponsor Training
- ♦ Thursday, 8-9 a.m., German Bills Made Easy; 10 a.m. - noon, Resume as a Marketing Tool, Bitburg Annex, building 2001

City Grill hours

City Grill II and the All Star's Sports Lounge are now open at the Bitburg Annex, building 78. City Grill II is open Tuesday through Thursday from 11 a.m. to 10 p.m., Friday and Saturday from 11 a.m. to 11 p.m and Sunday 1-10 p.m. The All Star Sports Lounge is open Tuesday through Thursday from 4-10 p.m. and Friday and Saturday from 4-11 p.m. Call Fred McKenney at 452-6703 for details.

Remote control airplanes

Spangdahlem AB has a radio control airplane club and flying site. If interested in flying or to learn more about the hobby, call Staff Sgt. Jeff Tibbitts at 06565-955952.

ODR events

For information on Outdoor Recreation, call 452-7176 or stop by Spangdahlem AB, building 146, open Monday through Friday, 10 a.m. - 6 p.m.

- ♦ July 3, enjoy a Sauer River raft

float, Sauer River along the Germany/Luxembourg border. Transportation, rafting equipment, wet suits, instructions and guide included. Maximum participation is 20 people; cost is \$35 per person.

- ♦ July 3, perform a tandem sky dive; it's limited to 10 people. Cost is \$255 per person. Earn 50 Extreme Summer points.

- ♦ July 9-11, enjoy a Swiss mountain biking and hiking weekend, near Gstaadt Interlaken. The program requires physical exertion and is a medium endurance level. Accommodations at Hotel Baeren, include transportation, tools, guide, bikes, two overnight w/breakfast and one buffet. It is limited to 15 people. Cost ranges from \$240 to \$275 per person. Earn 150 Extreme Summer points.

- ♦ July 17, enjoy a North Sea fishing trip off the coast of Belgium. It's geared toward serious anglers desired to catch cod, pollack, whitting, flounder, bass and sea bream on rough seas in the North Atlantic anywhere from two to 30 miles off the coast. Cost is \$125 per person. Earn 50 Extreme Summer points.

- ♦ July 24-25, Luxembourg raft and castle hiking weekend, float down the Sauer River and camp that evening along the Luxembourg border. Next morning, hike to a 12th century castle. It's limited to 20 people and is a must for history buffs and photographers.

- ♦ July 27 - Aug. 1, take an Italy scuba certification course. It includes books, dive tables and instruction to prepare for written and practical tests. Five open water dives are planned in Lake Garda and the Adriatic Ocean. Bus and lodging are included. Three pool sessions are a pre-requisite for the trip. It's limited to eight uncertified divers and four certified divers. Cost is \$550 per person. Earn 150 Extreme Summer points.

- ♦ July 31, Luxembourg cave rappel near Echternach, perform a 25 to 70 foot rappel into caves. It includes crawling, climbing and squeezing through various rooms and passages. Cost is \$35 per person. Earn 50 Extreme Summer points.

Chapel Services

OCF Bible Studies

Officer's Christian Fellowship meets Thursdays at 6:30 p.m. in the Coffee Mill, located at Spangdahlem AB, building 139. There are free coffee and snacks for people interested in reading and learning Scripture. Contact 2nd Lt. Rueben Amador at 452-6141 for details.

Singles/Unaccompanied Members

A free, home-cooked dinner for singles and unaccompanied military takes place Thursday at 5 p.m. at the Spangdahlem AB Chapel, building 135. This month's meal is prepared by the Phillipine/American Club members. Call Chaplain (Maj.) John Kinney at 452-6711 for more details.

Sunday Night Live

Enjoy an "Independence Day Concert," July 4. An outdoor service is at 5 p.m., and the concert is at 7 p.m. at the Spangdahlem AB Bowling Alley pavilion. People are asked to bring their own lawn chairs. For more information, call Deb Dohmann at 452-6711/6281.

Vacation Bible Study

The chapel staff seeks volunteers for the 52nd Fighter Wing joint VBS, held July 19 -23 from 9 a.m. to noon. Call Adreienne Brown at 06561-946685 for details.

Club Eifel Happenings

Too bad ...

1st Lt. Jeremiah Reed missed out on \$100, and **Shawn Jacob** lost his claim to \$275 June 4 at the weekly club member drawing. The pot keeps growing. Winners must be present, or the cash carries over to the following week.

Congratulations to ...

Tech. Sgt. Mark Mallonee, the winner of \$100 in Hot Food n' Cold Cash for June 4 and **Staff Sgt. James Fleming**, last week's winner.

Today

Enjoy Malibu Madness from 5 p.m. to 1 a.m.

Father's Day Champagne Brunch

Make reservations for the 10 a.m. or 12:30 p.m. buffet. Call the club at 452-6090.

Thursday

Sample the freshest all-u-can-eat peel and eat shrimp feast from 5-8 p.m.

Der Markt

Free classifieds policy and submission deadlines

Der Markt is for the personal resale of items by military and civilian employees and their families. Items such as advertisements for rental property won't be published due to funded paper restraints. Ads should be 35 words or less and customers are limited to no more than two ads per week. Ads must be typed or printed legibly and turned into the public affairs office, building 23, at least **10 days before the desired date of publication**. Ads can also be e-mailed to publicity@spangdahlem.af.mil or sent via fax to 452-5254. Having ads in by deadline does not guarantee publication. Ads for services generating regular income will not be published. The ads must include the sponsor's name and telephone number. Ads not meeting these requirements, including those exceeding the designated word limits, will not be printed. The *Eifel Times* staff reserves the right to edit ads.

Movies

The following movie listings are for today through June 24. Times and movies are subject to change. For the most current information, call 06565-61-9441 or 452-9441. Movie synopses are available at www.afees.com/ems/default.asp.

Bitburg Castle

Today
Laws of Attraction (PG-13, 7 p.m.)

Two New York divorce attorneys who oppose each other in court end up drawn to each other. However, after their marriage, they cannot avoid relationship problems that provide them fodder for their court cases.

Saturday
Scooby Doo 2: Monsters Unleashed (PG, 7 p.m.)

An anonymous masked villain wreaks mayhem on the city of Coolsville.

Eternal Sunshine of the Spotless Mind (R, 10 p.m.)

Joel discovers that his girlfriend had her memories of their tumultuous relationship erased, so he contacts the inventor to have the same done to him. As his memories disappear, he recalls the good times they had together and tries to mentally overcome the procedure while he sleeps.

Sunday
Laws of Attraction (4 p.m.)

The Passion of the Christ (R, 7 p.m.)

This is a depiction of the last 12 hours of Christ’s life.

Closed Monday and Tuesday

Wednesday
Scooby Doo 2: Monsters Unleashed (7 p.m.)

Thursday
Eternal Sunshine of the Spotless Mind (7 p.m.)

Spangdahlem Skyline

Today
The Prince and Me (PG, 7 p.m.)

Paige is on the fast track toward her lifelong goal of becoming a doctor. Edward, the Crown Prince of Denmark, trying to escape from his royal life, poses as a college student. Now, Edward is in line to become King. Paige has to choose between two dreams -- becoming a princess or a doctor.

The Ladykillers (R, 10 p.m.)

A gang of thieves set up shop in the house of an unsuspecting, church-going, little old lady.

Saturday
Jersey Girl (PG-13, 7 p.m.)

Ollie is a powerful entertainment executive whose wife dies, and he is tasked to raise their child by himself. He gives up his fast-paced lifestyle and moves back in with his father, where he meets a woman and learns the lessons of what’s important in life.

Van Helsing (PG-13, 10 p.m.)

Van Helsing, the legendary vampire hunter, is on an ongoing battle to rid the world of vampires and other ghouls. He travels to Transylvania and joins forces with Anna Valerious to rid her family of an old curse by defeating the powerful Count Dracula.

Sunday
The Prince and Me (4 p.m.)

The Ladykillers (7 p.m.)

Monday
Jersey Girl (7 p.m.)

Tuesday
Van Helsing (7 p.m.)

Closed Wednesday and Thursday

All hands on deck ...

Cruise among castles, vineyards on Germany’s rivers this summer

By Iris Reiff
52nd Fighter Wing Public Affairs Office

It’s a special experience, some say a must, for everyone who visits the Eifel-Mosel region to take a cruise on the Mosel River. Enjoy a ride on a modern passenger ship and get a spectacular view of castles, famous cathedrals, lush vineyards and winetowns that dot the romantic Mittelmosel route.

Trier, the closest starting point from the base, offers various Mosel River excursions now through mid-October. Ships leave daily at 9:15 a.m. from the Trier-Zurlauben passenger dock for a round trip to Bernkastel. Round trips from Trier to various other towns along the Mosel are also available throughout the day.

For details, call the Trier Boat Information office at 0651-26666.

Other one-hour boat excursions can be arranged upon request. Evening excursions with live music and dancing on board of a ship are available each Saturday at 7:30 p.m. from Zurlaubener Ufer. The boat returns about 10 p.m. Reservations are necessary and can be made at 0651-26317.

A very nice excursion is from Trier to the beautiful town of Saarburg every Wednesday and Sunday, at noon and at 2 p.m. People will have until 4 p.m. to see Saarburg or to go shopping. The boat returns to Trier about 6 p.m. This stretch is about 20 km long. The ship cruises both on the Mosel and Saar rivers and leads through several locks.

There are also trips from Bernkastel to the scenic Mosel town of Traben-Trarbach. Boats depart from Bernkastel at 10 a.m., 11:15 a.m., 11:45 a.m., 2 p.m., 3:30 p.m. and 5 p.m.

One-hour tours are available from the Bernkastel dock every half hour, now throughout October. The Bernkastel-Kues, Moselperle, Bernkastel, Kroeuer Reich and Stadt Trier boats run daily from Bernkastel to Traben-Trarbach for about two hours, going past various scenic Mosel towns. They will return to Bernkastel.

For those who would like to enjoy an adventurous boat ride through the locks, Bernkastel also offers this experience several times daily.

Boat cruises to Koenigsbach, Niederlahnstein, Stolzenfels, Ober lahnstein, Rhens, Brey and Braubach are available from Koblenz.

One-hour round trips are also offered as well as excursions to Cochem, with its romantic castle.

People can take a two-day boat trip from Trier to Cochem. The boat departs Trier at 9:15 a.m. toward Bernkastel. It departs from Bernkastel at 3:30 p.m. and arrives in Zell at 6:30 p.m. People are responsible for their own accomodations in Zell. The boat continues its way toward Cochem the next morning at 10 a.m., arriving in Cochem at 1:30 p.m. Some people take the train back to Trier the following day.

Many tours can be combined with a sightseeing tour of a



Courtesy photo

A boat cruises along the Mosel river. Boat ride prices range from 10 to 300 euros for long trips.

castle or stops at other attractions.

Evening cruises can be a lot of fun with family or friends, and they are also an excellent way to meet people. Mosel dance party cruises are available each Tuesday, Thursday and Saturday during June, September and October, and daily cruises are offered during the summer months of July and August from Cochem. The party cruiser departs the Cochem dock early in the evening and returns before midnight. Bands provide musical entertainment on board. Plenty of food and beverages are available.

Saturday night party cruises from Bernkastel are available now through October, departing at 7:30 p.m., lasting about 2.5 hours.

The Luxembourg passenger ship MS Marie-Astrid is on route now through September. Cruise from Trier to Remisch and from Remisch to Grevenmacher on the Luxembourg side of the Mosel. From here, a bus will take the passengers back to Trier.

Some people prefer one-way cruises in lieu of the round-trip journeys offered by most cruise lines. One of many possibilities is to enjoy part of the journey by boat and then return by train.

Most lines offer price reductions for groups, school students and other organizations. Group reservations should be made beforehand.

Several day excursions on the luxurious ships of the Koeln Duesseldorfer company are more expensive.

Call the local tourist information offices in the cities where the cruises embark for details.

Out and About

(Editor’s note: Event dates and times are subject to change. To confirm event details, call the telephone information office at 11833 and ask for a number to the tourist office in the town the event takes place. For event tickets, call the Press-Center Trier at 06511-459930, the Trier Tourist Information Office at 06519-780822 or the Trier Ticket Service at 06519-941188, unless specified otherwise.)

• See Norah Jones and special guest Amos Lee in concert tonight at the Duesseldorf Philips hall.

• Sign up now to participate in the first German-American Friendship Run of Binsfeld July 4. The event features a 1.7k run for children, 14 years old and below, at 9:30 a.m.; a 5k run for adults at

10 a.m. and a 10k run for adults at 10 a.m. Register at ortsgemeinde.binsfeld@t-online.de or via fax at 06575-95882.

• Participate in the 34th International Malberg-Eifel volksmarch June 19-20. It’s sponsored by the Spangdahlem Eifelwanderers volksmarching club. The event features 5k, 10k and 29k marches and starts at 9 a.m. Saturday and at 7 a.m. Sunday. Marches end at 7 p.m. Saturday and at 6:30 p.m. Sunday. For details, call Theresa Stevens at 452-6036 or call the Kyllburg tourist information office at 06563-930243/44.

• Shop at a flea market Sunday inside and outside the Dreis hall, located in the community of Dreis; at the Hermeskeil-Abtei abbey; along the Kinheim Mosel shore; around the Kroeuv Weinbrunnen

hall; in front of the Speicher Rewe Center market; in front of the Stadtkyll Rewe Center stores; in front of the Trier Hela market; at the Uerzig festival grounds; on Cochem Endertplatz; at the Koblenz Messe hall and inside and outside the Kaiserslautern Messeplatz halls.

• Have fun at Wittlich’s old city festival today through Sunday throughout the center of town. Music and entertainment will be featured.

• Reserve your ticket now to a concert by Monster Magnet (USA) and a special guest band at 8 p.m. June 29 at Trier’s Exhaust, located on Zurmaiener Str. 114, which is the road that leads into Trier when coming from the Autobahn. Tickets are 24 euros. For details go to www.exhaus.de.

Spang hosts USAFE volleyball championship

Ramstein seizes men’s, women’s volleyball crown

By M. P. Warner
52nd Services Squadron

The Ramstein Rams Men’s and Women’s Varsity Volleyball teams successfully defended their crowns, sweeping the championships in decisive fashion.

In the women’s final, Ramstein defeated the Lakenheath Lady Eagles three games to one, June 3 in the Spangdahlem Air Base Skelton Memorial Fitness Center.

Lakenheath drew first blood, jumping out to an eight-point opening set lead. Stifling defense brought the Lady Rams back into the first set with a 10-point run led by middle blocker Melissa Norsworthy to take the lead at 22-18. The Rams closed out the first set with an ace from Mandy Baugher.

Lakenheath Lady Eagles showed drive and dedication with a three-ace run, mini run by Jasmine Maranca. Ramstein countered with their benchmark defense, evening up the score at 5 all. The turning point of the second set for Lakenheath was the “shoot set” from Maranca to Nicole Stephenson, which left the Ramstein squad looking bewildered. Lakenheath capped the second set 25-20, with a fault from Ramstein’s Tracy Trinh.

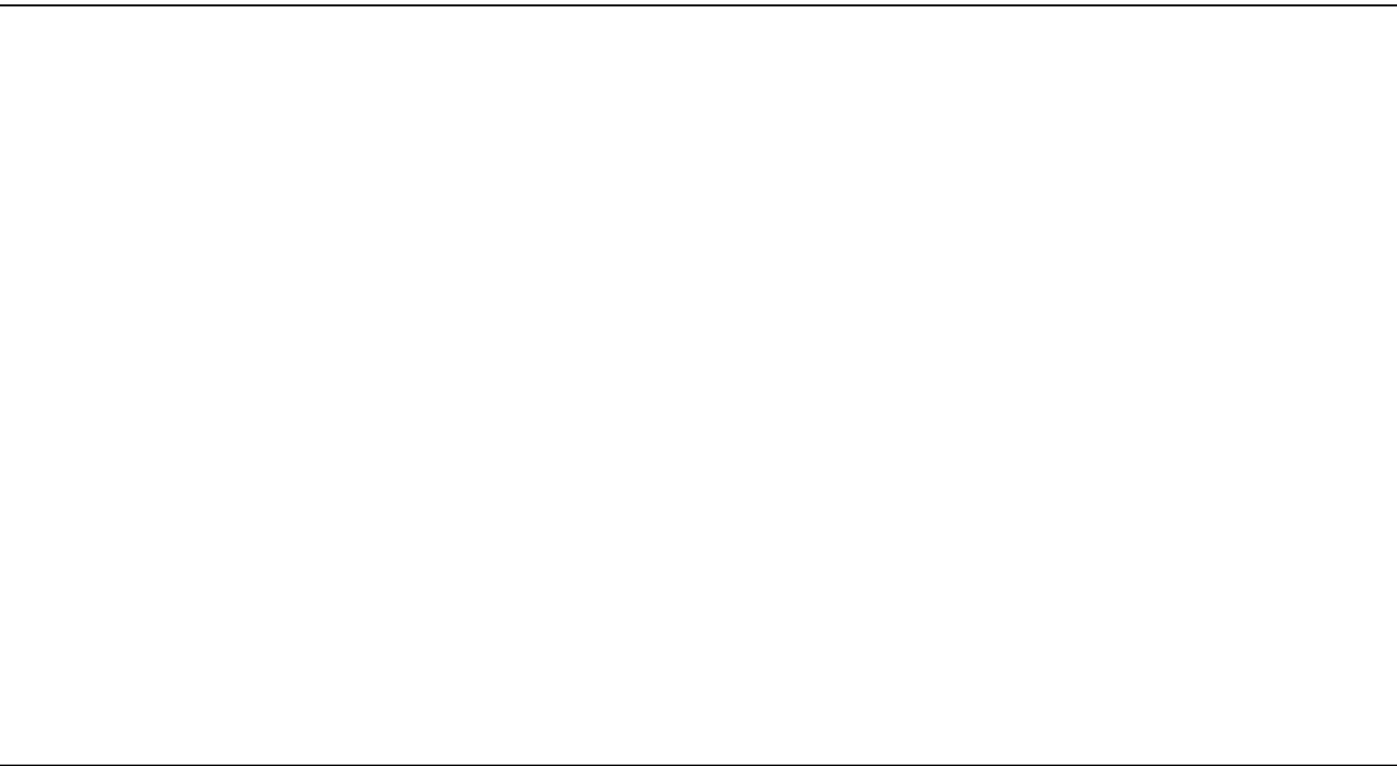
With the sets tied one all, the championship was now a best two out of three match.

Excellent all-court play from both teams took the third set score to 13-12 Lakenheath, and the Lady Eagles appeared to be on the verge of taking command of the set. With the score 15-21 and Lakenheath serving, Ramstein coach Gilbert Sierra called a time out to regroup the team. After the time out, Ramstein’s Yuki Riley showed experience and composure as she brought the Rams back into the game. Ramstein’s defense, led by Riley and Shannon Bryant, held their own “Block Party” and evened the set score at 23 all.

With the score tied at 26, both teams kept the ball in play until a key block from Norsworthy gave Ramstein the third set 27-26.

With the wind seemingly knocked out of Lakenheath’s sails, Ramstein sailed to a 25-15 victory and the title.

In a surprising turn of events, Lakenheath went on to defeat their archrival Ramstein and Army Champions Bamberg 25-21,



Master Sgt. Mark Law
Ramstein Rams players manage a block from the Lakenheath Lady Eagles in the final game of the Women’s USAFE Championship Volleyball Tournament June 3. The Ramstein Rams defeated the Lakenheath Lady Eagles, three games to one. Ramstein’s men’s team won its championship against the Mildenhall Marauders, three games to one also.

22-25, 25-16, 25-22 to take the Army/Air Force Crown.

In the men’s championship, Coach Mark Law’s Rams took the Mildenhall Marauders in straight sets 27-25, 25-20, 25-14.

The opening set started off with both teams holding serve until Ramstein’s Ron Istre blocked Alex Villa to take a 7-6 lead. Istre carried the momentum to a 12-9 lead as he sent a convincing kill into the stands. Mildenhall’s Mark Westlake then narrowed the lead with two aces, as the Marauders fought back to a 17-15 lead. Mildenhall’s Alex Villa then buried a kill shot for a 19-18 lead. With the first set momentum leaning toward Mildenhall, Ramstein’s Ken Strom led the Ram’s to a first set win.

In game two, Mildenhall started off strong and opened up a 9-3 lead. Ramstein countered with Istre putting on a blocking clinic, followed by a key spike on Westlake to even the second set at 15-15. After gaining a comfortable lead, the Rams capped the second set in convincing fashion.

Ramstein opened up the third with the same momentum roll they had in the second set, opening up a seven-point gap at 8-1. Once again, the Rams executed superb offense and flawless

defense as they stifled the Marauders squad, taking the third set and their second successive championship.

(Staff Sgt. Jeff Hollaway, 52nd Logistics Readiness Squadron, contributed to this story.)

Volleyball Championships	
Army/Air Force	USAFE
Women: Lakenheath defeated Bamberg 25-21, 22-25, 25-16, 25-22	Women: Ramstein defeated Lakenheath 25-18, 20-25, 27-26, 25-13
Men: Ramstein defeated Heidelberg 25-15, 25-15, 25-17	Men: Ramstein defeated Mildenhall 27-25, 25-20, 25-14

Access denied

Master Sgt. Mark Law
The Army’s Heidelberg Generals player, Joshua Haney, leaps up to “joust” the ball at the net against Ramstein’s Ron Istre. Ramstein teammate, Joe Tano (3), watches the action, during the Army/Air Force Championship volleyball game at the Spangdahlem Air Base Skelton Memorial Fitness Center June 6. Ramstein beat Heidelberg three straight games to take home the championship.

Spinning/aerobics schedule

Spinning <ul style="list-style-type: none">Today, 6 a.m., Strength; 11:30 a.m., Intermediate; 12:30 p.m., BeginnerMonday, 6 a.m., Strength/Interval; 11:30 a.m, Strength/Endurance; 4 p.m, Endurance/IntervalTuesday, 6 a.m., Beginner; 9 a.m., Beginner; 11:30 a.m, Endurance; 5:30 p.m., Strength/IntervalWednesday, 6 a.m., Strength/Interval; 11:30 a.m, Strength/Endurance; 5:30 p.m., Strength/IntervalThursday, 6 a.m., Beginner; 9 a.m., Beginner; 11:30 a.m., Endurance; 4 p.m., Endurance	Aerobics <ul style="list-style-type: none">Today, 11:30 a.m., 5 for 2; 3:30 p.m., Circuit TrainingMonday, 9 a.m., Legs, Abs and Butts; 11:30 a.m., 5 for 2; 3:30 p.m., Circuit Training; 5 p.m., KickboxingTuesday, 11:30 a.m., Sculpting; 5 p.m., LABWednesday, 9 a.m., LAB; 11:30 a.m., 5 for 2; 3:30 p.m., Curcuit Training; 5 p.m., SteptoneThursday, 11:30 a.m, Sculpting; 7 p.m., LAB <p>Call the Skelton Memorial Fitness Center at 452-6634 for details.</p>
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Sports Shorts

Iron Flight Competition

Register your flight for a twist on the Iron Man Competition at the Skelton Memorial Fitness Center June 25, and focus on the four aspects of the new fitness standards -- one-minute push-ups; one-minute sit-ups; 1.5-mile run and waist circumference.

Flight teams must include 10 participants for each squadron with five males and five females and participation of the commander or first sergeant. No entry fee is required. Contact De Shane Casillas at 452-6496 for details.

Congratulations

Laniyi Cundiff placed first in the high jump competition at the 6th Annual German American track field meet in